BM 450

Notice à conserver
Keep these instructions
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Conservar instrucciones
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
请妥善保存说明书
Őrizze meg a használati útmutatót

DOMYOS

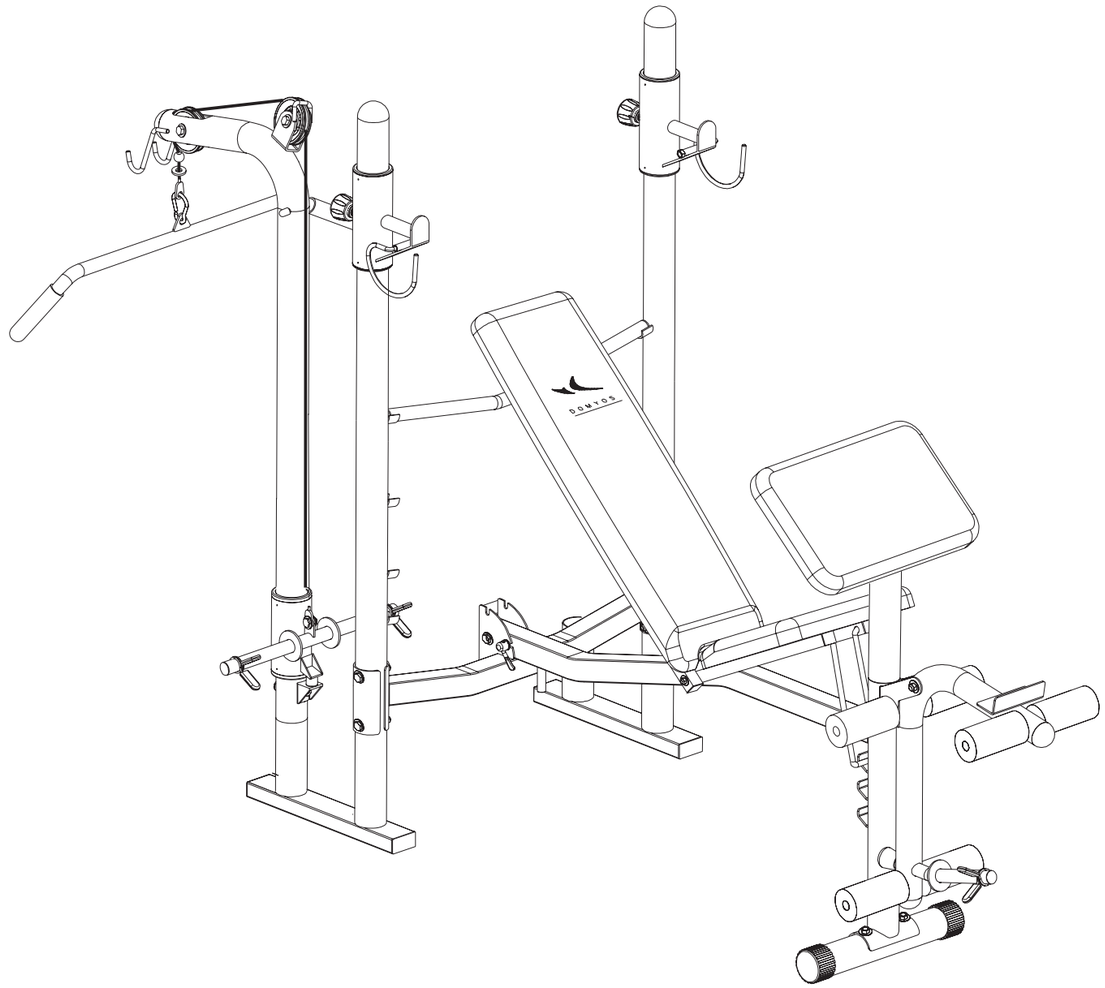
decathlon creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in China - Hecho en China 中国生
Réf. pack : 958.818 - CNPJ : 02.314.041/0001-88

Réalisation : EVOLUTION : + 32 / 69 250 500

BM 450

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
使用说明书
HASZNÁLATI ÚTMUTATÓ



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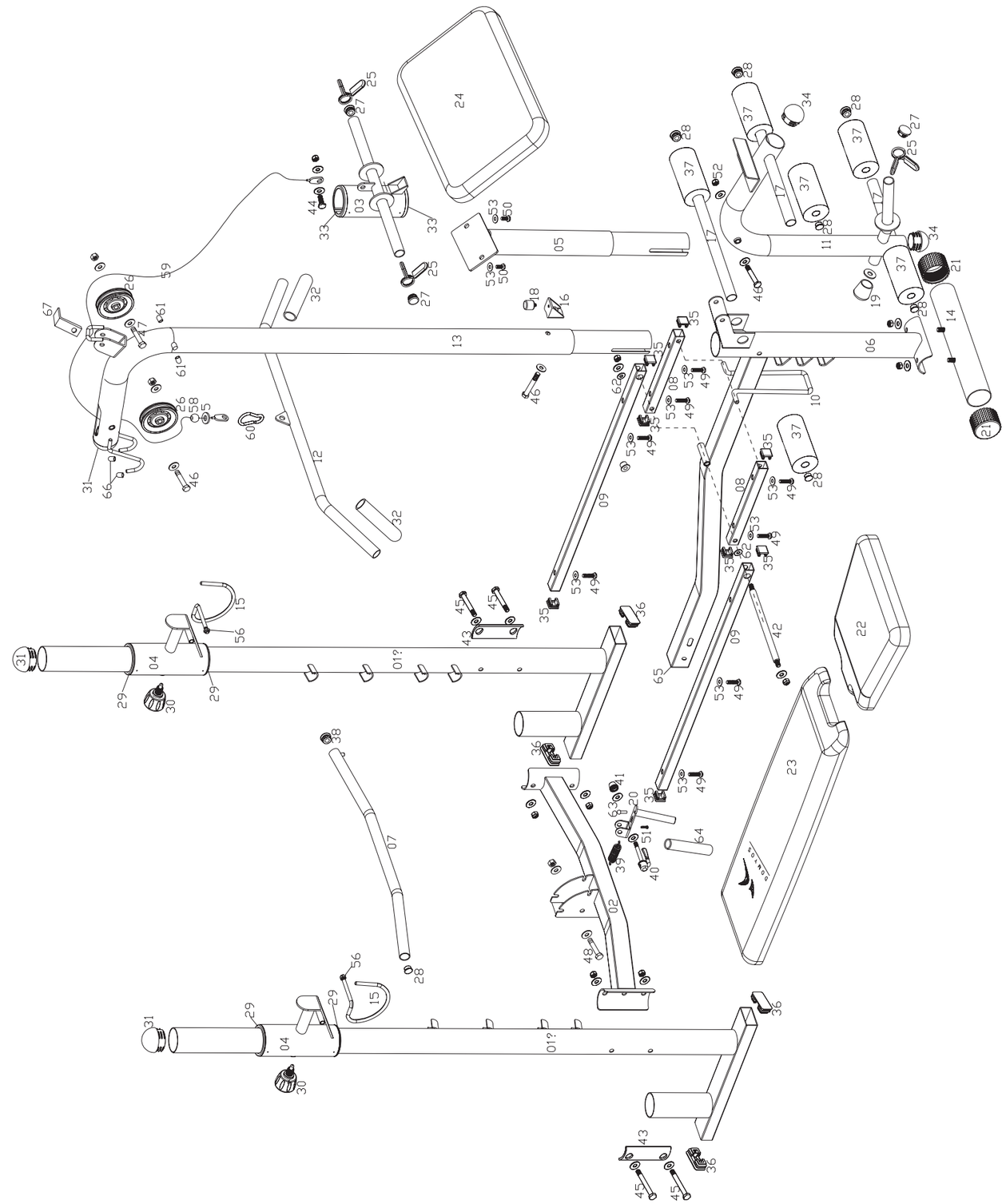
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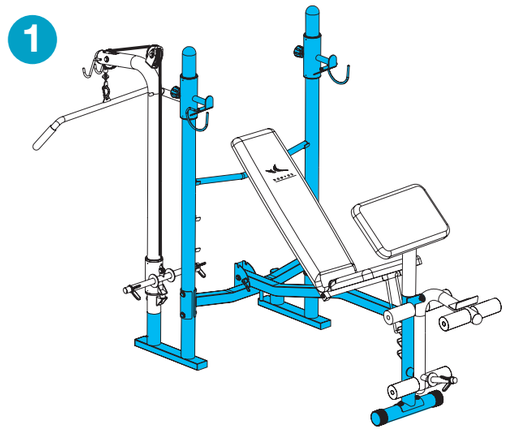
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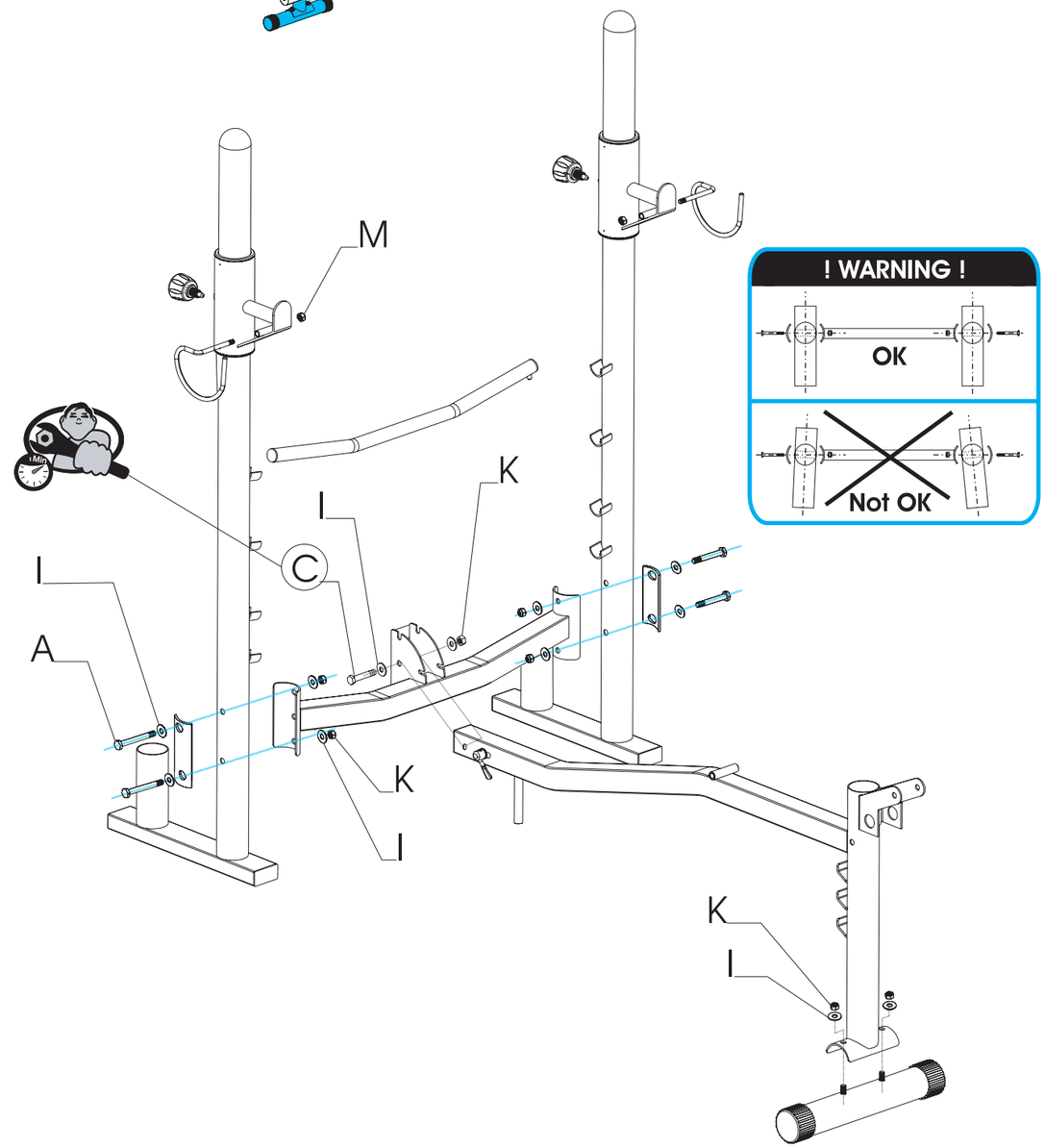
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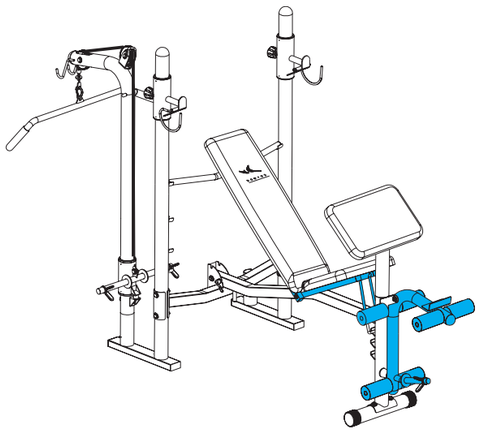

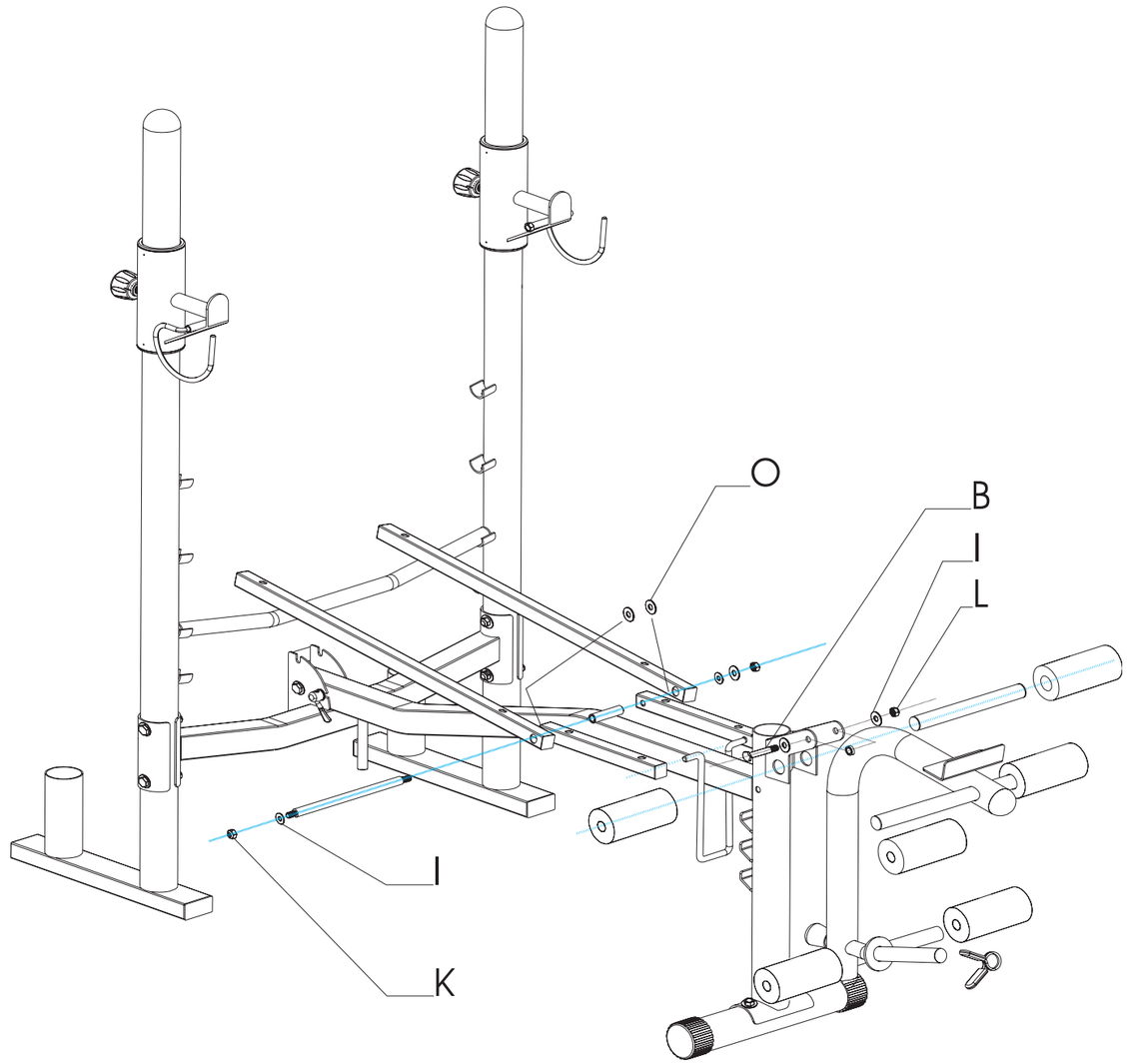

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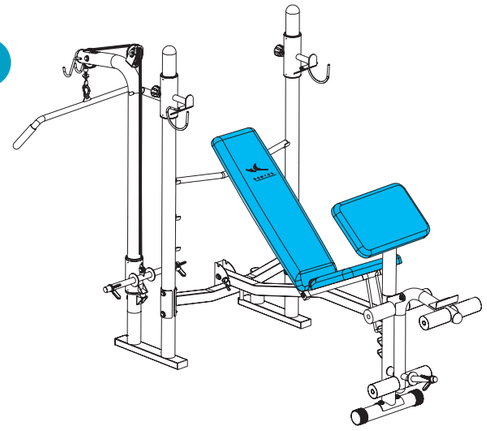

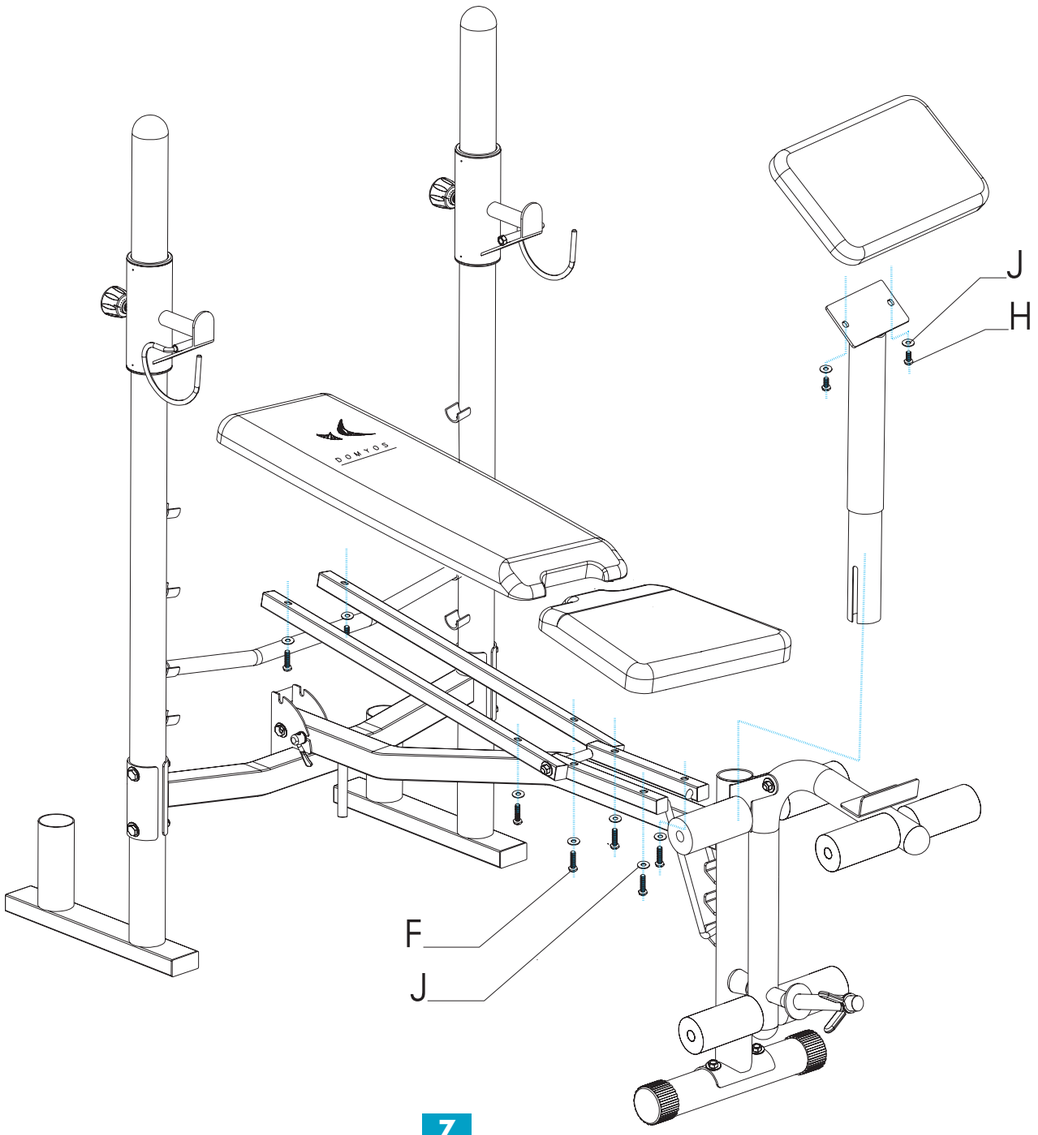

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ENGLISH

EXERCISES

The basic exercises for harmoniously developing your muscle mass are described here.

PECTORALS

Développé couché (1,2,3)

Back rest position: 0

With the bench flat, lying on your back, grasp the bar from the cradle. The handhold must be greater than the width of your shoulders. (Your arms and forearms must make a 90° angle at mid-movement). Your head should be resting on the bench. Your back should be completely flat. To avoid any arching of the lumbar vertebrae, you can place your heels on the bench or pull your knees in close to your chest.

Exercise : Inhale, while bringing the bar to your chest (without letting it rest there), then press the bar up smoothly, while exhaling. Your elbows should be wide apart (your arms and your torso should make a 90° angle).

Muscles worked: Pectorals, triceps, front of the shoulders.

Incline press

Back rest position: 1 or 2

This position also works the pectorals, but particularly the upper section of this muscle.

Decline press

Back rest position: -1

Same exercise while lowering the angle of the bench
This position also works the pectorals, but especially the lower part of the muscle.

Dumbbell push up (4,5)

Back rest position: 0

Same position as for the bench press. Instead of grasping the bar, take a short dumbbell in each hand. Start with arms extended (without locking the elbows) above the chest.

Exercise : Inhale, open your arms up wide in such a way as to bring your arms down to the level of your torso. Your elbows should remain slightly bent. Don't bring the dumbbells any lower than bench height so as not to strain the shoulder joints. Then raise the dumbbells back up over your chest as you exhale.

Muscles worked: Pectorals, front of the shoulders.

Pullover (6,7)

Equipment: BM450. A short dumbbell

Back rest position: 0

Same position as for the bench press. Grasp the short dumbbell with your 2 hands while checking that the iron plates are securely blocked by the collars. Start with arms semi-extended, dumbbell above the chest.

Exercise : Inhale, expanding your rib cage, lower your arms behind your head in such a way as to bring the dumbbell down to bench level. While exhaling, raise the dumbbell up over the chest. The back should remain absolutely flat and must not arch.

Muscles worked: Pectorals, triceps, latissimus dorsi muscles.

DORSALS

Behind neck pull-downs (8)

Back rest position: 0

Position : Sit facing the pulley tower with your arms holding the T-bar with a wide grip.

Exercise : Pull the bar down to the nape of your neck whilst inhaling. Slowly return to the starting position whilst exhaling, without resting the weights. Do not pull the bar further down than the nape of your neck.

Muscles worked: latissimus dorsi, back of shoulders.

Chest pulls (9)

Position : Same exercise as Behind Neck Pull-downs, but instead you pull the bar down to the base of the front of the neck. You can use a large or narrow grip, palms facing up or down.

Exercise : Keep your back straight whilst doing this exercise. Your back should not move backward or forward during this exercise.

Muscles worked: latissimus dorsi, back of shoulders.

SHOULDERS

Neck development (10,11)

Back rest position: 0

Exercise : Hold the bar with a grip wider than the width of your shoulders. Bring the bar down behind your neck whilst inhaling. Breath out whilst pushing the bar above your head, tensing your arms without completely locking your elbows.

Muscles worked: Outer deltoids

TRICEPS

French press (12,13)

Position : Same as for the bench press. Grasp the bar in the middle with a tight grip (a handhold of roughly 20 cm)

Exercise : Bring the bar towards the front while inhaling. Lift the bar back up while exhaling. Only the forearms should move. The elbows, the torso and the arm should not participate in the movement.

Muscles worked: Triceps (arm extensors)

Seated extension (14,15)

Equipment: BM450, a short dumbbell.

Position: Seated on the bench, with your back straight. Check that the plates are securely blocked by the collars. Hold the dumbbell with both hands.

Exercise : Bring the dumbbell down to the nape of your neck while inhaling. Then raise the dumbbell up over your head while exhaling.
Only the forearms should move. The elbows should not budge.

Muscles worked: Triceps

BICEPS

CURL bar (16,17)

Back rest position: 0

Equipment: BM450, preacher curl bench.

Position : Sit down facing the preacher bench with your palms facing upwards. Place your elbows on the preacher bench.

Exercise : Grip the handle and curl it towards your chest whilst exhaling. Lower the handle whilst inhaling. Your elbows and chest should not move during the entire exercise.

Muscles worked: Biceps (arm flexors).

THIGHS

Leg extensions (18,19)

Back rest position: 0

Equipment : BM450, iron plates to be placed on the leg developer.

Position : Seated, with the back perfectly straight. Adjust the leg developer so the foam pads are at ankle level when the feet are placed behind the roller pads.

Exercise : As you exhale, extend the legs. Return to your starting position without letting the weights fall. Do not completely lock your knees during the extension.

Muscles worked : Quadriceps

Leg flexing (20,21)

Back rest position: -1

Equipment : BM450, iron plates for the leg developer

Position : Flat on your stomach on the bench in the decline position. Adjust the leg developer so that the roller pads are at ankle level, a close as possible to the heel.

Exercise : Raise your heel as close as you can to your buttocks. Return your leg to the starting position without dropping the load. Your hips should not budge during the movement.

Muscles worked : Hamstring

ABDOMINALS

Upper ABS (22,23,24)

Position : Lying on the bench. The legs are bent at 90°and must remain bent during the whole movement.

Exercise : Bring your chest to your knees as you exhale. Return to the initial position. Your legs must always form a 90° angle (maximum) with your torso.

Muscles worked : Rectus abdominus, specifically the upper part of the abdominals.

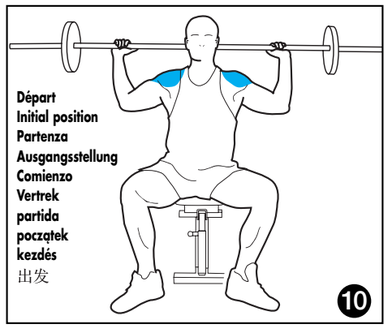
Lower ABS (25,26)

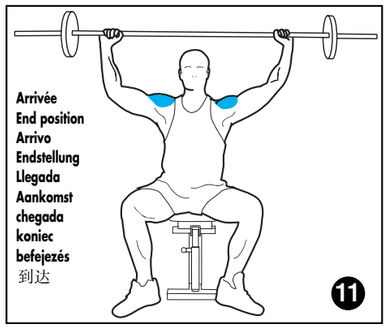
Position : Seated on the bench. The legs are bent and form a 90° angle with the torso.

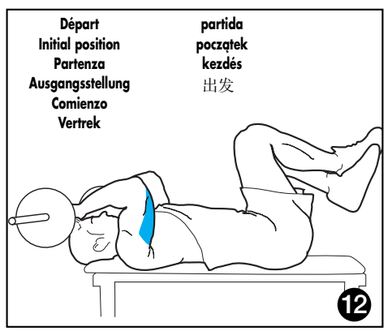
Exercise : Raise your knees to your chest as you exhale. Return to your starting position, that is, with your legs making a maximum right angle with your torso. Your legs should remain bent throughout the movement.

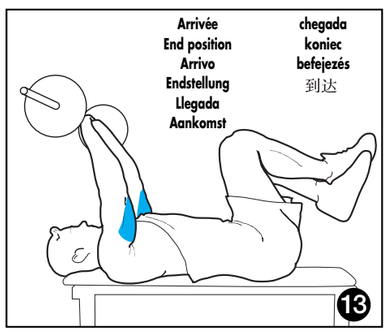
WARNING

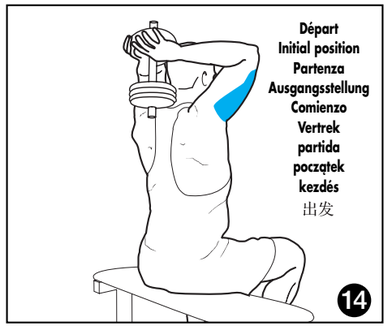
Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before, anf if you have not been working out for a long time. Read all the instructions before use.

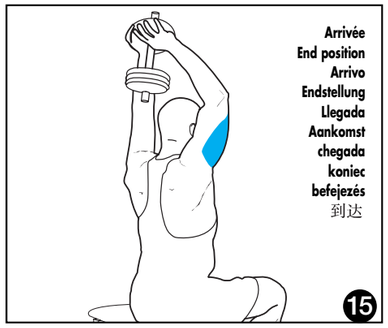


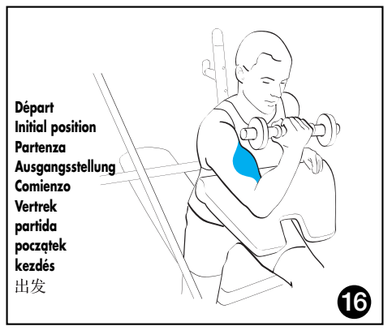


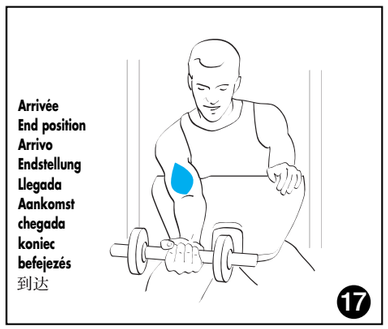












EXERCICES • EXERCISES • EJERCICIOS • GRUNDÜBUNGEN • ESERCIZI •
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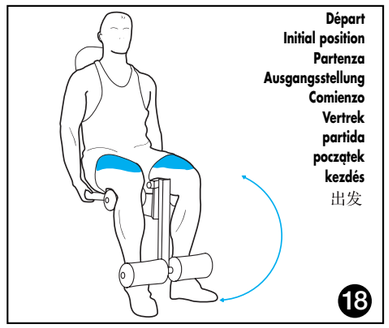
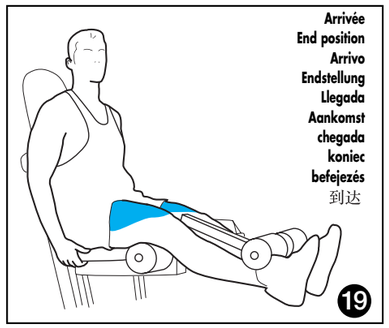
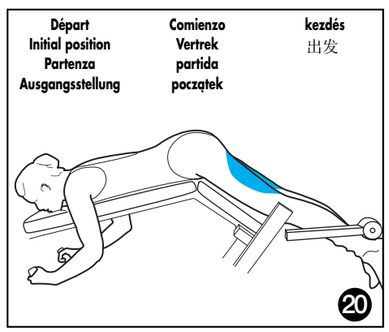
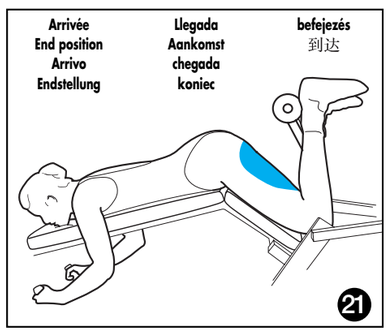
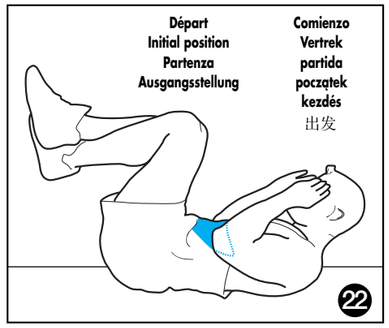
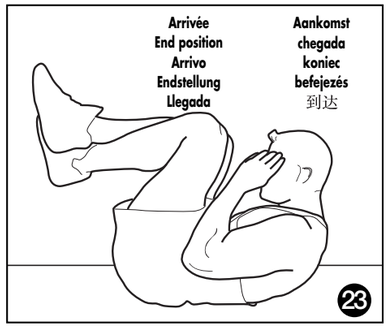


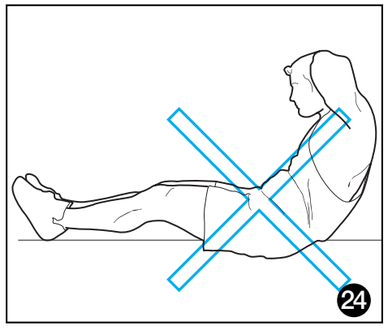


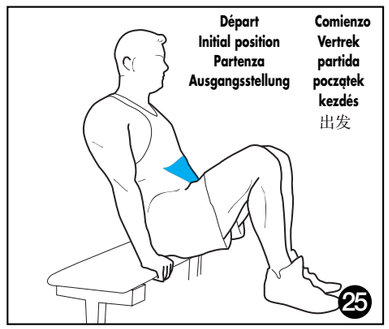


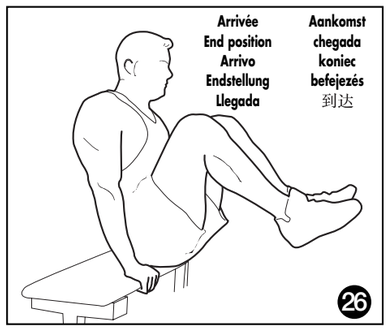








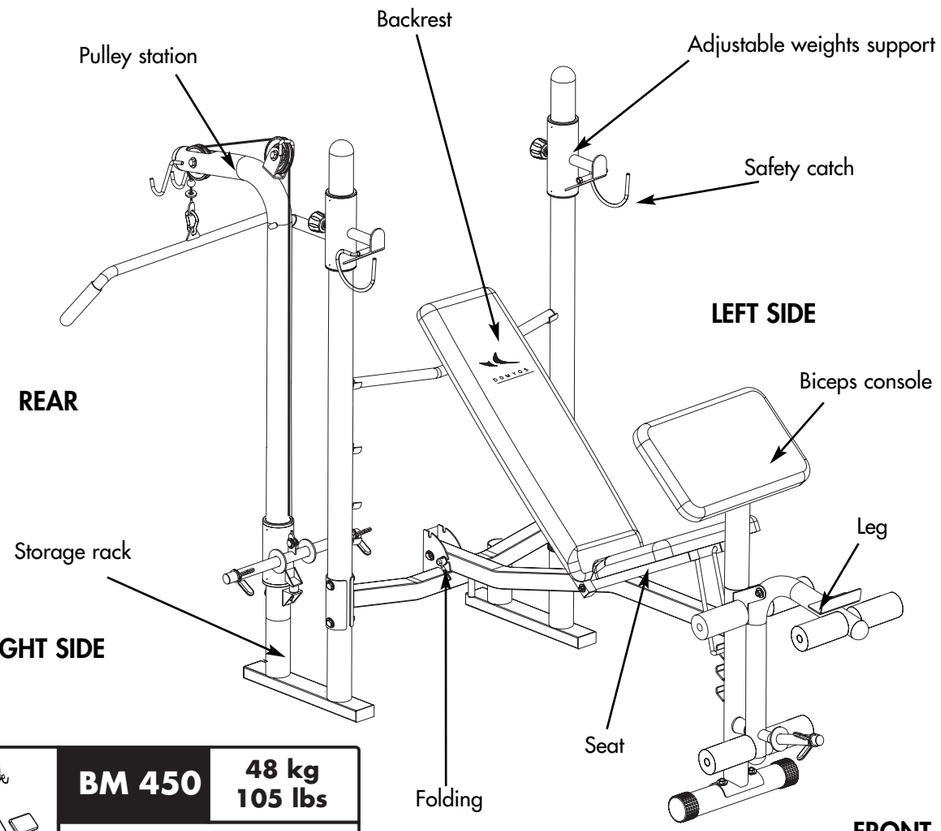


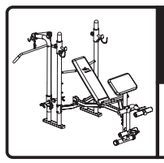


You have chosen a DOMYOS fitness machine and we wish to thank you for the trust you place with us.
We created the DOMYOS brand to enable all sports aficionadoes to remain at peak fitness. This item was designed by sportsmen for sportsmen and women. We would very much appreciate receiving any of your comments and suggestions about DOMYOS products. To this aim, the staff at your local store and the DOMYOS design department are at your disposal.
If you wish to write to us, you can send us email at the following address: domyos@decathlon.com.
We wish you enjoyable training sessions and hope that this DOMYOS item be a source of pleasure for you.

INTRODUCTION

The BM450 is a compact and versatile workout bench.
Training with this type of apparatus is designed to tone all of your muscle mass and improve your physical condition through a localized, muscle-by-muscle workout.
The high level of resistance afforded by this product makes the BM450 your ideal companion as your workout evolves.





BM 450	48 kg 105 lbs
180 x 160 x 110 cm 71 x 63 x 43 inch	

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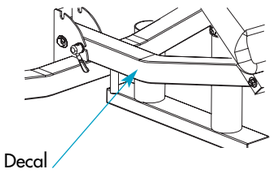
Serial N° : _____
Write the serial number in the space above for future reference.



CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

SAFETY

Warning: to reduce the risk of serious injury, please read the important precautions below before using the product.

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. This equipment must be assembled carefully and meticulously by an adult.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. Domyos declines all responsibility for injury or for damage inflicted on any person or property caused by the purchaser or any other person using this product.
5. Before changing positions and exercises or adjusting settings, remove the weights and the bar support or any other option that may be on the bench. Remove the weights progressively on each side of the bar. Always put the locking hooks into position.
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. For interior use only, in a dry and dust-free environment, on a flat and solid surface and in a sufficiently large space. Make sure there is sufficient space to move around the product in complete safety. To protect the floor, place a carpet under the apparatus.
8. It is up to the user to ensure adequate maintenance of the product. After assembly and prior to each use, check to make sure that all adjustment mechanisms are tightly closed yet not over-forced. Always check the state of parts subject to the greatest wear.
9. In the event that your product deteriorates in some way, immediately have all used or defective parts replaced by the After Sales Service department of the DECATHLON store nearest you and do not use the product until it has been fully repaired.
10. Do not store the product in a humid environment (near to a swimming pool, bathroom, etc…).
11. To protect your feet during exercise, always wear athletic footwear. DO NOT wear full or hanging clothing, which might get caught in the machine. Remove all your jewelry.
12. Pull your hair back so that it doesn't bother you while exercising.
13. If you experience pain or dizziness while exercising, stop immediately and rest and then consult your doctor.
14. Keep children and domestic animals at a safe distance from the product at all times.
15. Do not place your hands or feet near to any moving parts.
16. Don't try to force the adjustment mechanisms.
17. For safety reasons, never attempt to modify this product in any way.
18. While exercising, do not arch your back, but rather hold it straight.
19. Any assembly or disassembly of the product must be performed with care.
20. Maximum load of bar holder: 110 Kg - Maximum load of leg attachment: 50 Kg - Maximum load of pulley station : 50 Kg
21. Maximum weight of the user on the bench with this load: 220 kg
22. Never use the pulley station in its storage position (at rear of product). Always use it in its operating location at the front of the product (see drawing).
23. Always check that the bench is in locked position (the chrome knob is tightened) after folding or unfolding it.

TRAINING RECOMMENDATION

For optimum training, we advise you to follow the following recommendations:

- If you are a beginner, work out for several weeks using light weights to accustom your body to muscular activity.
- Before each session, begin with a cardiovascular warm-up, warm up floor and stretching exercises or do sets without weights. Increase the weights progressively.
- When working out, use regular and smooth movements.
- Always keep your back straight. Do not arch or bend the back during exercises.
- If you are a beginner, do sets of 10 to 15 reps, carrying out 4 sets per exercise. Alternate the muscular groups that you work on. Do not work all muscle groups every day; instead spread out your workouts over the week.

Example of a training schedule:
MONDAY: PECS/TRICEPS
TUESDAY: SHOULDERS/ABS
WEDNESDAY: BACK/BICEPS
THURSDAY: REST
FRIDAY: THIGHS/ABS
SATURDAY/SUNDAY: REST

MAINTENANCE

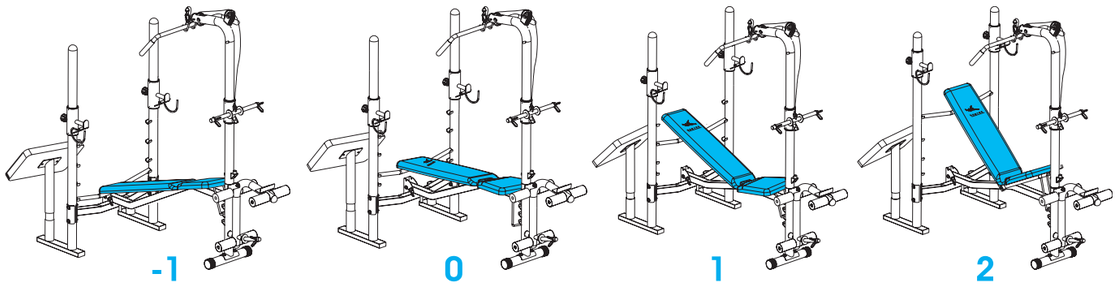
To prevent perspiration damaging the upholstery, use a towel to dry the upholstery after each use.
Lightly grease moving parts to improve their effectiveness and to avoid unnecessary wear and tear.

ADJUSTMENT

Weight holders

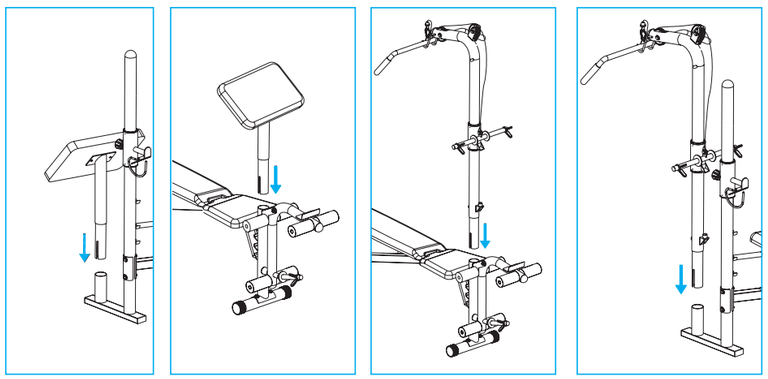
The weight holders are height-adjustable. Rotate the knob a quarter turn to unlock it, pull the knob outwards, adjust the height, release the knob and retighten it to lock it.

Adjusting the backrest and seat



The incline position of the backrest can be adjusted horizontally: move the backrest support bar to the desired position. To adjust the incline position of the seat, use the hook underneath it.

Bicep rest and pulley station

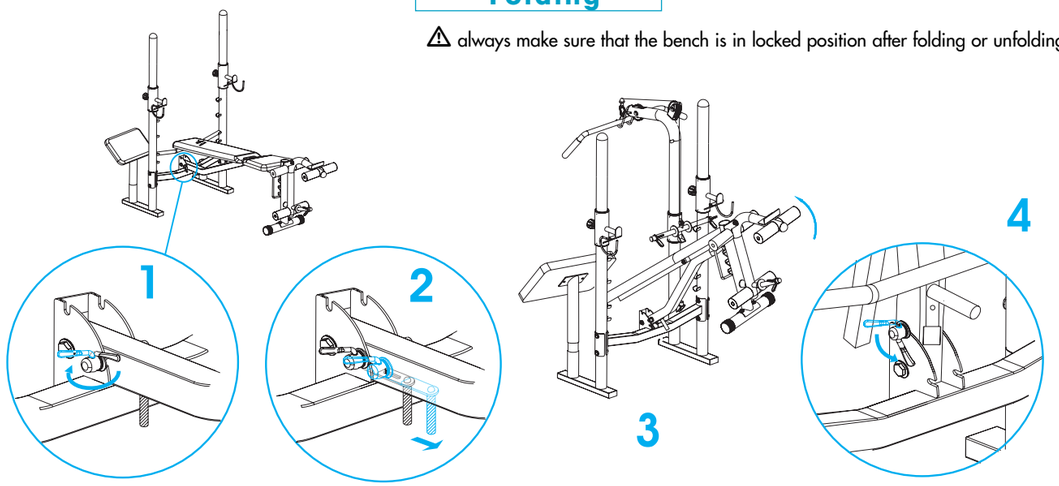


The bicep rest and the pulley station can be stored at the rear of the machine when not in use.

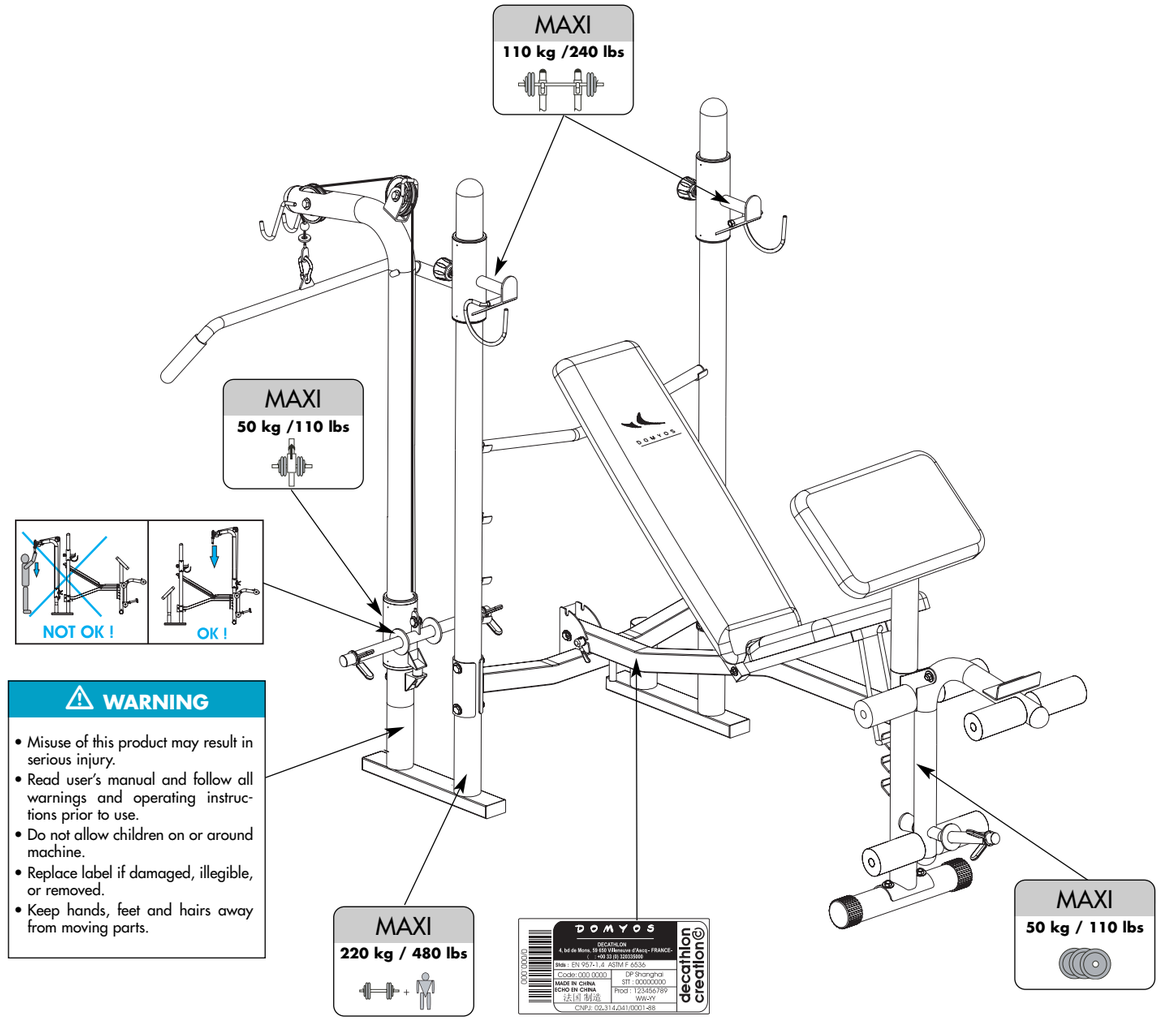
Their respective operating positions are located at the front of the machine, in the opening on the leg attachment.

Folding

⚠ always make sure that the bench is in locked position after folding or unfolding it!



The warning decals shown on this page have been placed on the product in the locations shown below. If a decal is missing or illegible, please contact your nearest DECATHLON store and order a free replacement decal. Place the decal on the product in the location shown.



⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.
- Keep hands, feet and hairs away from moving parts.

TRADE WARRANTY

DECATHLON guarantees this product for parts and labor, under normal conditions of use, for 5 years for the structure and 2 years for wear parts and labor starting on the date of purchase, confirmed by the date on the sales ticket.

DECATHLON'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DECATHLON'S convenience.

All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of the purchase.

This warranty cannot be applied in the following cases:
- Damage caused during transport
- Misuse or abnormal use
- Repairs done by people not authorized by DECATHLON
- The commercial use of the product concerned

This trade warranty does not exclude the legal guarantee(s) applicable according to countries and / or provinces.

DECATHLON – 4 BOULEVARD DE MONS – BP299 – 59665 VILLENEUVE D'ASCQ – France -

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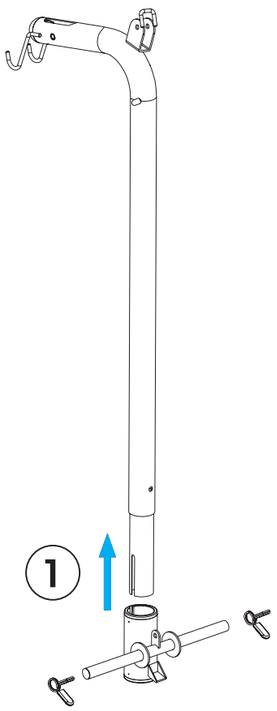

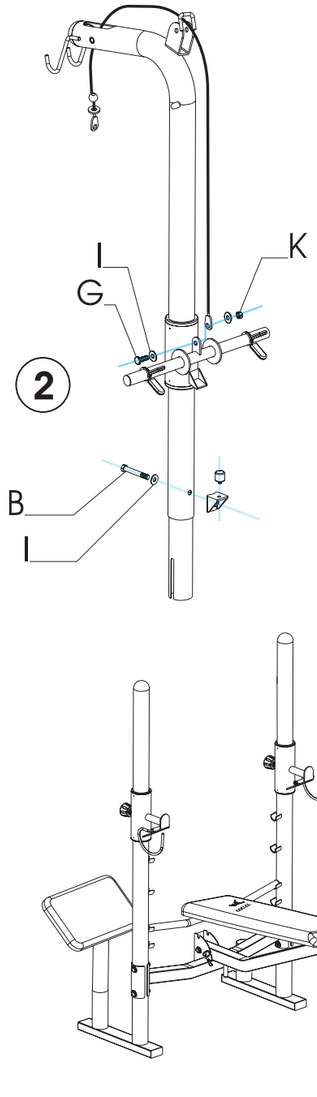

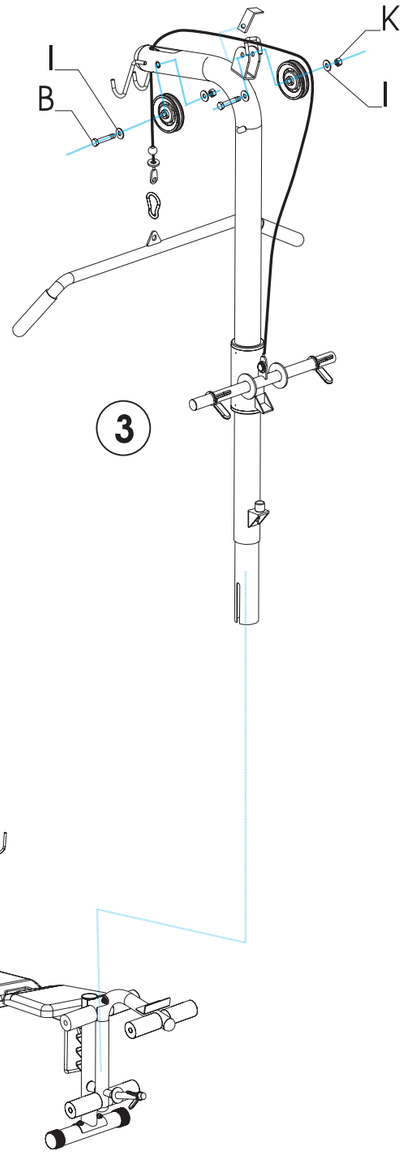

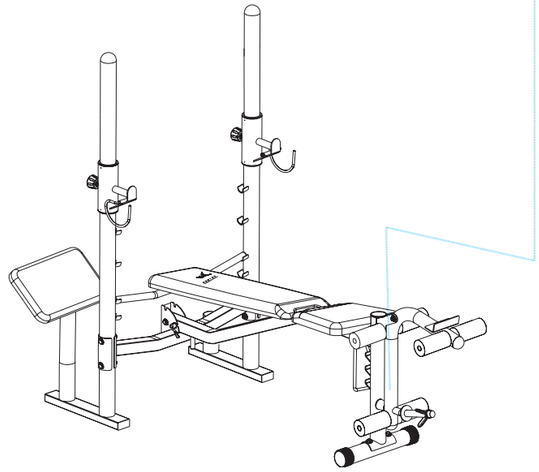

(F) Ne pas utiliser l'option tour à poulie lorsqu'elle est dans son lieu de rangement.
(EN) Do not use the pulley station when it is in its stored position.
(ES) No utilizar la opción torre de polea cuando está en su lugar de almacenamiento.
(DE) Die Option Zugturm nicht verwenden, wenn Sie in ihrem Verstauungsplatz ist.
(IT) Non utilizzare l'accessorio torretta di trazione quando si trova nella sua sede di riposo.
(NL) De optie riemschijftoren niet gebruiken als die zich in zijn opbergplaats bevindt.
(PT) Não utilizar a opção rotação com roldana sempre que esta estiver dentro do seu limite de alcance.
(PL) Nie używać elementów dodatkowych kiedy znajdują się w schowku.
(ZH) 请不要在存放的地方使用附加拉杆支架
(HU) ne használja a csigás oszlop opciót, amikor az a tárolási helyen van.